



**2024 EUTF HMSA**  
Health Education Workshops

OCTOBER WORKSHOP

# HYPERTENSION EXPLAINED

LEARN SIMPLE WAYS TO PREVENT AND CONTROL HIGH BLOOD PRESSURE.

What's hypertension? We'll discuss what your blood pressure numbers mean and the health concerns you may have if they're high. We'll also talk about how you can prevent and control high blood pressure.

 **Thursday, October 24, 2024**

 **11:30 AM - 12:15 PM**

Click below to register:

[Register Today](#) 

To test your device for Webex, click here.

Attend a webinar and be entered to win an HMSA prize pack. [Click here for Official Rules.](#)

Additional information for City and County of Honolulu employees: The information provided in this flyer is from the EUTF. City computers may be used to participate in EUTF webinars. Participation is voluntary and is to be done on the employee's own time.

## WHAT PARTICIPANTS ARE SAYING ABOUT THIS WORKSHOP:

Great information shared. I found this very informative. Mahalo nui!

PARTICIPANT

I enjoyed the presenter's speaking points, examples given and interaction with the group attended. Great job!

PARTICIPANT

Very engaging and knowledgeable. I like using the chat and emojis!

PARTICIPANT

Great presenter, who shared practical and useable information in a manner that was easy to understand. The approach was encouraging, and influences the desire to change more effectively than using fear.

PARTICIPANT

Can't attend this live webinar? [Click here to watch recorded webinars at your convenience.](#)